

St Abban's AC

23rd March 2016

Big Turnout The streets of Portlaoise rang out to the beat of feet as just over 500 took part in the adult 5K road race with almost as many children varying in ages from 6 to 12, all qualifying for a medal and a goody bag with an early Easter egg. Among those to feature we had Aoibhin McDonald, Katie Brennan, Adam Buggy and Jack Fenlon. The senior event had plenty of quality and an excellent race. Recently crowned National indoor champion Eoin Everard prevailed to come out on top. Stephen Lawler had a fine run for 4th and a new P.B. of 14-57, Cian Kelly displayed the current good form he is in with an 11th place finish also in a new P.B. of 16-24. Fellow club members to compete included:- Carmel Hughes 342nd in 29-27, Georgie Brophy 302nd in 28-15, Dinny Whelan 230th in 25-47, Carol Brennan 205th in 24-55, Sharon Buggy 143rd in 22-50, Mairead Moore 142nd in 22-49, Rebecca Fenlon 118th in 21-59, Caitriona McDonald 109th in 21-33, Paul McDonald 82nd in 20-21, Fergal Doyle 67th in 19-50, Colette English 68th in 19.50, Colm McEvoy 45th in 18-26 and James Nolan 42nd in 18-15.

Colm & Dick Strike gold The last of the 2016 GloHealth National indoor championships were decided in the Athlone International Arena last weekend. Our sole juvenile competing on day 3 gave a fantastic performance to show her hard work over the winter would pay off. Nicole Kehoe/Dowling had an excellent series of putts with 5 of her six throws going over 12 meters with a best of 12.59 for a P.B. and the bronze medal performance. Hopefully bigger and better things to come in the outdoor season. In the masters ladies Ann Nicholl/Waugh kept the colours flying with silver in the O.50 400 in 81.34, bronze in the 800 in 3-03.94 and 4th in the 1500 in 6-32.89. In the men's John Territt O.50 was 3rd in the high jump with 1.35 and 4th in the shot with 10.29. Liam Byrne O.45 was 4th in the 3 K in 10-21.86, Francis Fleming O.60 was 3rd in 11-09.22. Dick Mullins O.70 struck gold in the 3 K in 12-50.38 while I was another gold for Colm Burke O.50 in the 3 K in 9-18.58 With just the county indoors to come on the 9th April in Nenagh we can move along and concentrate on the outdoor season.

Student Games Kindly sponsored by John Brophy veterinary goes ahead on the 17th April, all local schools are welcome to take part. Our usual raffle will take place with cards available from Breda. Anyone interested in sponsoring a prize is welcome to do so please get in contact with Breda. Any school requiring assistance in the lead up to games contact James Nolan.

New Members Welcome With the evenings getting longer and hopefully the weather improving anyone interested in getting involved is more than welcome to the club grounds at Monavea on any Tuesday and/or Friday from 7.30 to 9.00. Membership forms are available on the club website for downloading or in the entrance hall to the clubhouse. An additional Saturday morning session takes place from 10.30 to 12.30 Your welcome to turnout.